

Crime Prevention Newsletter



Casa Grande Police Department — 373 East Val Vista Blvd. — (520) 421-8700

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City Contacts

(Area Code is 520)

Animal Control	426-9300
Building	421-8630
City Attorney	421-8600
City Clerk	421-8608
City Court	421-8675
City Manager	421-8600
Finance	421-8601
Fire Department	421-8777
Golf Course	836-9216
Housing	421-8670
Human Resources	421-8600
Landfill	421-8628
Library	421-8710
Parks & Recreation	421-8677
Planning & Zoning	421-8637
Public Works	421-8625
Senior Center	421-8760

Chief's Message

Chief of Police Johnny Cervantes



I want to take a minute to talk about stress and the physiological impact it has upon a police officer's body and mind. Stress is a major contributing factor to many of the ills that befall police officers. Even though this article is written using the term police officer, it isn't meant to exclude other professionals like prisoner transport officers, dispatchers, identification technicians, park rangers, etc.

The challenge of stress seems inherent in the law enforcement profession in general and no one seems immune to its toxic effects.

In the course of an average day, a police officer might have to deal with violent offenders, sexual predators, toxic chemicals, auto accidents, drunks, tragedy, trauma, death and destruction, and that's just before lunch.

All of the things mentioned above can cause stress on the officer's body and mind. Some of this stress is short lived and may dissipate quickly. Other stresses are more insidious and may be spread over an entire career, leading to more chronic problems within both your body and mind.

When coupled with the disruptions of shift work, fatigue, poor nutrition and inadequate self-care, the situation is rife for major and long-term problems.

The symptoms of excessive and unmanaged stress in law enforcement include: depression, alcohol and drug abuse, domestic violence, heart attacks, cancer, disability and PTSD. These are the "Hidden Dangers" of a career in law enforcement and might be the result of chronic or cumulative unmanaged stress.

There are many studies out there from *Street Survival Institute* to the *Stress Management Institute*. No matter the source, they all seem to agree on some type of plan as outlined below.

- A Physical Fitness Workout of 30-45 minutes each day focused upon building strength and aerobic fitness.
- Workout for Stress Reduction (20-30 minutes) between the work and home transition.

As we all learned in Blue Courage, exercise can decrease 'stress hormones' like cortisol, and increase endorphins, your body's 'feel-good' chemicals, giving your mood a natural boost.

(Chief's Message cont. on Pg. 2)

(Chief's Message cont. from Pg. 1)

Physical activity itself can take your mind off your problems and redirect it on the activity at hand. I recommend a change of scenery as well, do one of your workouts here in our fitness center and then do the other in a dojo, a boxing ring, a park, a scenic mountain, biking trail or even a neighborhood sidewalk, all of which can be pleasant, low-stress places.

Dependent Independence - Dr. Bob Cornelius, Chaplain/Counselor



We celebrate our independence as a nation and recognize the great struggle we have experienced obtaining and maintaining that freedom. It is precious to us and the price has always been great.

From early childhood we are dependent, yet we struggle for that freedom from parental boundaries. We want to soar like eagles, yet we are limited by our needs. We want to be free and still safe. We look to the past and are grateful. We look to the future and are hopeful.

Finding balance is a spiritual struggle in which we are all engaged. And so we review our history, search our souls, make our commitments and exercise our faith in a search for a balance between our dependence on others and our independent search for meaning.

This is a time of waving our flags and celebration that honors those who have paid the price and won the battle. At the same time we pledge anew our commitment to our nation, our families, our mission, and our God.

Summer Survival - If Ya Wanna Fight Crime, Ya Gotta Be Ready



The hottest months of 2014 are upon us and with them come significant considerations for our patrol force and our citizens. Anyone that has spent a summer here knows that the number one safety rule for surviving the heat is Hydrate or Die! This is one of those unfortunate realities that I cannot say, "It goes without saying" that hydration is important. It is important! Year after year, too many heat related injuries prove this to be true. You have to remember to do it, even if you don't want to. Remember that if you wait to drink when you're thirsty, it's too late. Also, this is kind of like the drop down oxygen mask on the airliner. Make sure you take care of your hydration needs first, and then help others. That might be your partner in the next District, or it might mean a citizen you happen to meet in the field.

The better part of wisdom is to take the time to refresh your training skills on the indicators of heat related ill-

ness. Knowledge is half the way to survival and here's the ones to know so that when you need the other half to make it all the way to Survival— which is action – you'll be ready to go.

- HEAT CRAMPS
- HEAT EXHAUSTION
- HEAT SYNCOPE
- HEAT STROKE

A link to the CDC website on symptoms and first aid can be found at:

<http://www.cdc.gov/niosh/topics/>

Remember these things, talk about these things, plan for these things - and you can be ready to face the challenges that our Arizona summers bring. Time spent being concerned about this important issue now will save you from reactionary panic later. Take care of yourself, and Have a great summer!

Camp W.I.N. (What's Important Now) CGPD Career Camp

Officer Matt Duran, School Resource Officer



From June 2nd through the 6th, I was honored to host one of five career camps hosted by the Casa Grande Elementary School District at Casa Grande Middle School. Camp W.I.N., although Law Enforcement (LE) Centered, was essentially about allowing the attendees from all three area middle schools to use LE as a basis for exploring how decisions they make will affect them short and long term in relation to a future career, regardless if it is in LE or another career field and to think about What is Important Now. Such as: positive peer association, making decisions that will enhance them personally and scholastically as well as the sometimes fatal mistake of recreational alcohol and drug use.

Students experienced presentations on various career paths in LE, including: Public Information Officer, Traffic/DUI Enforcement, K-9 Officer, County Deputy/Drug Interdiction, School Resource Officer, Detectives, Crime Scene Investigations and Army National Guard. Explorers Jacob Montoya and Carlos Gutierrez also spoke on the PD Explorers and presented on handcuffing techniques.

Based on student feedback, one of the most popular experiences was the mock homicide scene investigation. Students were tasked with investigating a homicide scene and then writing a report. Students were tasked with utilizing critical thinking skills as well as shown the importance of having good writing skills.

Of the five Career Camps, Pharmacy Camp, Farm Camp, Fire Camp, Entertainment Camp and Camp W.I.N, Camp W.I.N had the highest attendance with 27. Long term the Elementary School District voiced a desire to make this partnership a long term asset to our community and support this great partnership.

Many thanks to Chief Johnny Cervantes, Officer Thomas Anderson, Officer Dennis Thomas, Detective David Linehan, Crime Scene Investigators Greg Roorda and Cecelia Scott, Deputy John Rice, Explorers Jacob Montoya and Carlos Gutierrez and the AZ National Guard for the support of this camp.



Crime Scene Investigators Greg Roorda and Cecelia Scott
teaching homicide investigation.

“Oops! Sorry, I Accidentally Dialed 911” - Melissa Engstrom, Public Safety Dispatcher



Dialing 911 by mistake does happen even to the best of us, but there are some facts that the public should know about their cell phone's capabilities.

Many citizens are not aware that operable cell phones with no phone service can still call 911. So, please, do not give your operable cell phones to your children to play with. If you do give your child your cell phone please make sure to take out the battery.

The Casa Grande Public Safety Communications' Center has one on-duty Dispatcher to answer the multiple phone lines listed; when possible other dispatchers in the Center assist with the overflow phones.

911 Land Lines	911 Wireless Lines	Administrative Lines (421-8700)	Silent Witness
4	6	5	1

The misdialed or accidental 911 calls that are received in the Communications Center effect other in-coming calls and results in other lines being put on hold.

If you do call 911 by mistake stay on the line so the Dispatcher can verify your information and confirm that there is no emergency. If not, there is a possibility that a call for service will be entered and an officer will be dispatched to the area. During the month of May, Officers responded to approximately fifty-five unfounded 911 cell phone calls and forty-nine unfounded 911 landlines calls. Those phone calls entered do not include all the accidental 911 cell phone calls that were received in the Communications Center, that number is much higher.

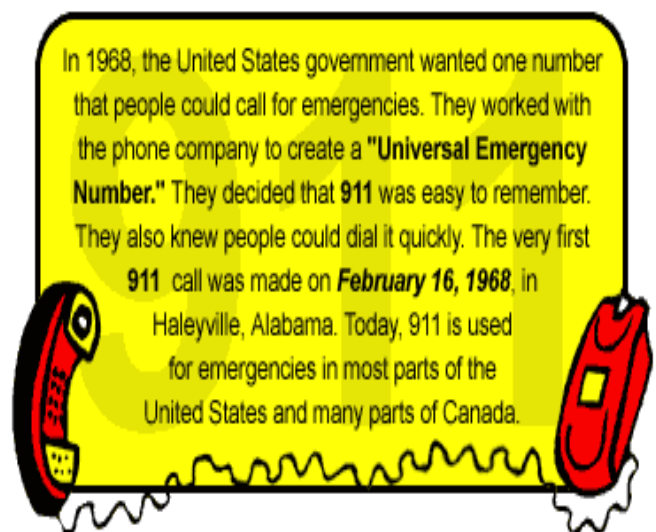
Another important fact citizens should be aware of is that not all cell phones will automatically plot on the 911 system when you dial 911. Some phones are not equipped with the current technology. It is very important to state the address of where the emergency is and do not assume that the Dispatcher already has the ad-

dress on their screen.

Cell phones that do plot on the 911 system give the approximate area within a certain amount of meters. They are not always accurate and can range from a couple of meters to hundreds of meters. So please remember the following:

- Cell phones with no service can still call 911.
- If you accidentally dial please stay on the line and confirm your information with the Dispatcher.
- Not all cell phones will show your current location.
- Cell phones that do plot show your location from a range of a few meters to hundreds of meters. There is no guarantee it will give your exact location.
- If you do have an emergency give the location; please don't assume that we have it.

Dispatchers Save Seconds... Seconds Save Lives.



Summer Tips For Your Pets - Animal Care and Adoption Center

4th of July Tips For Your Pets

Fireworks can be very scary and stressful for your pet! They can cause your pet to panic and try to escape your yard or even your home. The following suggestions will help keep your pet safe or get your pet home if it does escape. *It is not recommended that you bring your pet to the fireworks display.*

- Make sure your pet is safe and secure before fireworks begin
- Keep your pet indoors in a quiet place
- Turn on the radio, TV or fan to muffle the sounds of fireworks
- Play with them to distract them from the fireworks noise
- Make sure your pet has a properly fitted collar with ID tag and license
- Have your pet micro chipped for identification
- Give your pet time to settle after the fireworks before resuming regular activities.

If your pet does escape or is missing PLEASE contact us, at 426-9300, leave a message and we will return your call.

Hot Weather Tips for your Pets

In the summertime heat dogs and cats can suffer from the same problems as people, such as overheating, dehydration and sun burn.

NEVER EVER LEAVE YOUR PET ALONE IN A VEHICLE! (Hyperthermia can be Fatal!)

- Provide plenty of fresh water and shade at all times (carry cold water when you travel)
- Bring your dog or cat indoors during the heat of the day
- Be especially sensitive to older or overweight animals
- Brachycephalic or “snub-nose” dogs or pets with heart or lung diseases should be kept in air-conditioned rooms as much as possible.
- Playtime and walks should be during early morning or late evening, never during the heat of the day. Asphalt is too hot and can burn paws and heat up your pet’s body very quickly. Keep walks to a minimum this time of year.

The City of Casa Grande Animal Care and Control and Adoption Center wish you and your pet a happy,

LOW-COST RABIES VACINE AND LICENSING CLINIC

Did you know that in the City of Casa Grande it is the law that your dog or cat must have a current rabies vaccination and current license? Don’t worry we can HELP! The Casa Grande Animal Care and Control and Adoption Center is again hosting one of their yearly low cost rabies vaccination and licensing clinics.

WHEN: July 19th from 8 am to 10 am

WHERE: Gilbert Park, 1140 E. Trinity Place (behind Trinity Baptist Church off Trekell Road)

WHAT: \$10 Rabies Vaccinations * Licenses * Other Vaccines will also be available

Note: Please be sure to have your pet on a leash. If you have a pet that gets afraid or has problems with other pets, people or being in public, PLEASE leave your pet with someone in a cool running vehicle while you take your place in line.

Celebrate Safely - Officer Thomas Anderson, Public Information Officer

The 4th of July is a wonderful time of year designated to celebrate the independence of our country. It is also a time to come together with family and friends by the backyard pool or BBQ to enjoy company, meals and, of course, fireworks!

Don't allow recklessness or bad choices to make your holiday a tragedy. Here are some tips for this upcoming weekend:

- Leave fireworks to the professionals. Do not use consumer fireworks.
- The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- After the firework display, children should never pick up fireworks that may be left over, they may still be active.

Another way to ruin this festive weekend, or any other for that matter, is to discharge a firearm into the air. It should be a no-brainer that firing a gun into the air is unsafe. Eventually, the bullet has to come down some-

where, and it will. Legally, the discharge of a firearm in the city limits of Casa Grande is a felony. Discharging a firearm is not only dangerous, but it could land you in jail. You could also be imposed an extreme fine, be required to serve probation and ordered to forfeit your gun.

As you can see, it is not worth it to risk your safety or someone else's safety. There are plenty of fun options to choose from this summer. Make your choice a smart one. Happy 4th of July!



Children Left In Vehicles - Officer Jeff Cardita, Traffic Unit

Every year, especially in the summer months, we hear stories on the news about an infant or child dying from being left in a vehicle unattended. More than 600 U.S. children have died that way since 1998, according to the non-profit safety group Kids and Cars. An examination of media reports about the 600 child vehicular heatstroke deaths for a fourteen year period (1998 through 2013) shows the following circumstances:

- 52% - child "forgotten" by caregiver (316 Children)
- 29% - child playing in unattended vehicle (175)
- 18% - child intentionally left in vehicle by adult (108)
- 1% - circumstances unknown (6)

Many people think that this would never happen to them. The reality is that sometimes you could forget, and it would be a costly mistake indeed. Some people may even think it is okay to leave a child in a vehicle for a short time period just to drop something off or run into the store real

quick. These ideas are how a tragic story has its start.

A heat study was conducted back in 2002 in a test using 16 different cars where the outside temperatures ranged from 72 to 96 degrees Fahrenheit. The results concluded that in the first 10 minutes the temperature rose 19 degrees. After 30 minutes, the temperature rose about 34 degrees and after an hour it rose 45-50 degrees. Further, they studied whether or not cracking the window open offered any heat relief and found it had little effect. They discovered that at 80 degrees outside, the interior of a vehicle rose to 123 degrees after only one hour. Heat-stroke starts to set in when the body temperature reaches 104 degrees and it becomes lethal at 107 degrees.

Please be mindful of kids in cars this summer. If you happen to see a child left in a car you should take immediate action and call 911. It may be the difference of saving a life.

Alarms and Graffiti During The Summer - Sheila Chavez, Alarm & Graffiti Coordinator

ALWAYS OPERATE YOUR ALARM SYSTEM RESPONSIBLY

Now that kids are on summer vacation, it is even more important to operate your alarm system responsibly to avoid false alarms. Teach your children and other people who may be staying at your home during the summer how to use the alarm system. Each responsible party should know how to use the system, know the password, and know the key code just in case the alarm goes off. Each alarm user should know how to cancel an alarm in case one gets activated accidentally. Having too many false alarms takes police officers off the street and away from real emergencies where they are needed most.

Casa Grande Police Department offers an Alarm Awareness Class twice a month. Specific details can be obtained at www.casagrandeaz.gov or by contacting Sheila Chavez, Alarm Coordinator at (520) 421-8711 ext. 6570 for class registration. You will receive a \$50 waiver certificate which is good for one year for attending the class. An alarm permit is required for all alarm users in the city.

Alarm Type	Offense	Fee (per offense)	Alarm Type	Offense	Fee (per offense)
False	1st or 2nd	\$0.00	Alarm Without Permit (False Alarm)	All	\$25.00
False	3rd, 4th or 5th	\$50.00	Alarm Without Permit (Panic Alarm)	All	\$25.00
False	6th, 7th or 8th	\$100.00	New Permit	-	\$10.00
False	9th or more	\$150.00	Annual Permit Renewal	-	\$10.00
Panic	1st	\$0.00	No Responsible Party (False Alarm)	All	\$100.00
Panic	2nd, 3rd or 4th	\$125.00	No Responsible Party (Panic Alarm)	All	\$100.00
Panic	5th or more	\$225.00			

KNOW WHERE YOUR KIDS ARE DURING THE NIGHT TIME HOURS!

Graffiti tagging often occurs more so in the summer months than any other time of year. Why? Because it is usually juveniles who are doing the tagging. Since they are out of school they tend to stay up later than during the school year. It is unlawful for any person to possess any graffiti implement or aerosol spray paint container while in or upon any public facility, park, playground, swimming pool, recreation facility, or other public building or structure owned or operated by the City or while in or within fifty (50) feet of an underpass, bridge abutment, storm drain, or similar type of infrastructure or anywhere within any public area of the City limits.

A violation shall be punishable by a civil fine of not more than \$1,000. The parent of a minor less than 18 years of age shall be liable for the payment of any civil fine and the expense of restoration of the property. Any violation of any prohibition or requirement imposed is a Class One misdemeanor.

How to report graffiti: Download "mycasagrande" mobile app OR visit www.casagrandeaz.gov



KEEPING YOUR KIDS HEALTHY AND SAFE OVER THE SUMMER CAN BE P U Z Z L I N G !

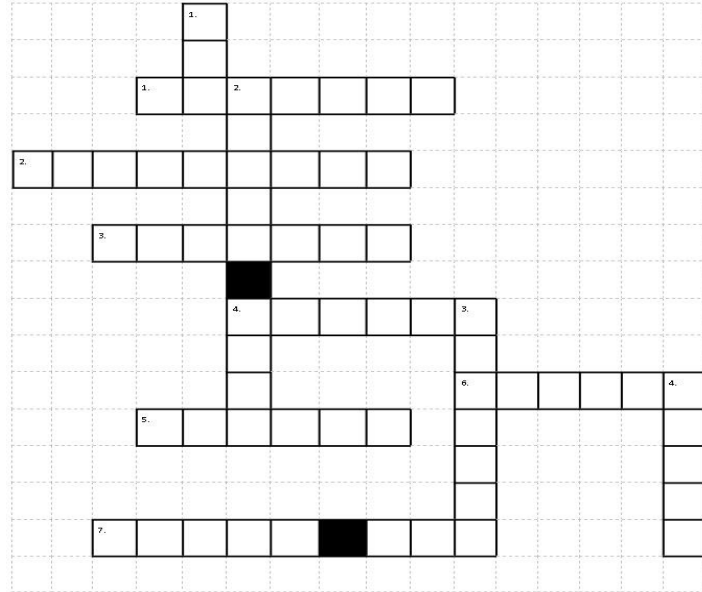
Complete the crossword puzzle below for safe and fun family activities.*

Across:

1. Game where strikes are desired.
2. Giving back to your community.
3. A place filled with adventure, science fiction, and romance.
4. A red checkered blanket and a basket are usually involved.
5. CG Mountain is a great place to go _____.
6. There are many different types of these places: art, history, science, etc.
7. Game that involves bunkers, lasers, and fun. (two words)

Down:

1. A place where elephants, lions and penguins all live together.
2. You will find slides, lazy rivers, and wave pools here. (two words)
3. Where's your tent? We are going _____.
4. Get some popcorn and go watch a _____.



**Youth who share in healthy family activities are
less likely to use drugs and alcohol.**

* For extra copies of the crossword puzzle, please see the receptionist.



Drug abuse prevention and treatment referrals

901 E. Cottonwood Lane - Suite C

Casa Grande, Arizona 85122

520-836-5022

www.CasaGrandeAlliance.org

Follow us on Twitter: @CG_Alliance



Across: 1. bowling, 2. volunteer, 3. library, 4. picnic, 5. hiking, 6. museum, 7. laser tag. Down: 1. zoo, 2. water park, 3. camping, 4. movie

With summer break upon us, we know that **keeping our kids healthy and safe over the summer can be puzzling!** The puzzle above consists of family friendly activities you can do with your children during the summer.

- Youth who share in healthy family activities are less likely to use drugs and alcohol.
- First-time use of drugs and alcohol peaks during the summer months. Every day during June and July, an average of 316 Arizona youth try alcohol or marijuana for the first time.
- Parents (not peers) have the greatest influence on a child's decision whether to use alcohol and other drugs.

Happy 4th of July!



Important Police Department Numbers & Internet Sites

(Area Code is 520)

- | | |
|--------------------------------|--------------------|
| • Police (Emergency) | 911 |
| • Police (Non-Emergency) | 421-8700 |
| • Crime Prevention Unit | 421-8711 ext. 6760 |
| • Volunteer Unit | 421-8711 ext. 6140 |
| • Traffic/School Resource Unit | 421-8711 ext. 6370 |
| • Graffiti/Alarm Unit | 421-8711 ext. 6570 |



www.facebook.com/cgpolice



www.twitter.com/casagrandepd



www.casagrandesilentwitness.com

Any questions or comments regarding this newsletter can be forwarded to the Crime Prevention Unit:

Officer Thomas Anderson, Public Information Officer
Crime Prevention Office
Casa Grande Police Department
373 E. Val Vista Blvd.
Casa Grande, AZ 85122
(520) 421-8711 Ext 6760
tanderson@ci.casa-grande.az.us

Upcoming Events

- Casa Grande Union High School District's first day of school - August 5th.
- Viva Grande - Saturday, September 27th from 5:30 to 9:30 at the Paul Mason Sportsplex.
For information contact Erica Perez at (520) 421-8760.
- Silent Witness Anti-Crime Night - Friday, October 3rd at Carr-McNatt Park.
For information contact Wendy Lloyd at (520) 421-8711 ext. 6140.